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NEWS WORTH SHARING.

Nanaimo sailor saved from floe

Mariner was trapped in Arctic ice for 10 days as polar bears closed in PAGE 4

Salad days of summer roll on

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How costly would a Fraser flood be?

Fraser Basin Council. Major flood could be 'the most expensive natural disaster in Canadian history,' minister says

MATT KIELTYKA
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The Fraser River, seen here from New Westminster Tuesday, generates more economic activity than the St. Lawrence River. MATT KIELTYKA/METRO

Former cabinet minister Colin Hansen remembers being one of the few people in British Columbia praying for a cool summer in 2007.

That's because government had been told by emergency planners that, after a record snowpack in the winter, two consecutive days of 26-degree weather by June's end could trigger massive flooding along the Fraser River.

River levels came within a half-metre of breaching dikes.

"The alarm bells started going off for a one-in-200 years flood," said Hansen, now chair of the Fraser Basin Council. "The kind of pictures you're seeing on television today coming out of southern Manitoba and southern Saskatchewan would have been the kind of pictures you'd see right here in the Fraser Valley. We dodged a bullet that year in 2007."

That close call — and the knowledge that major flooding along the Fraser would affect 300,000 people, 62 per cent of the province's farm production and $50 billion in economic activity according a new report from chambers of commerce from the Lower Mainland and Fraser Valley — served as a call to action.

On Tuesday, Fraser Basin council — in partnership with 23 municipalities, two regional districts, four provincial ministries, the federal government, First Nations and industry associations — launched the Lower Mainland Flood Management Strategy.

"I think we have seen many studies over the last number of years that have underscored the problem that exists," Hansen, the former finance minister, said. "What we need now is a blueprint to guide governments of all levels so we can make sure in the future we can mitigate the problems."

Last week, a provincial report concluded that the magnitude and frequency of flooding will increase due to climate change, but only one in 15 dikes is able to contain projected high water levels.

So developing a regional flood management strategy for the Fraser, which generates more economic activity than the St. Lawrence River, is one of B.C.'s top priorities, according to Minister of Justice Suzanne Anton.

"It's an initiative that is both timely and critically important," said Anton. "The Fraser River is one of the world's major waterways. (A major flood) has the potential to be the most expensive natural disaster in Canadian history."

Fraser Basin Council plans to complete Phase 1 of the strategy, which identifies specific hazards and vulnerabilities and assesses current flood infrastructure, in 2015.

Phase 2 would then focus on developing a regional action plan and secure a funding model to mitigate flood risks.

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Trans Mountain pipeline. NEB delays review deadline

The City of Burnaby's refusal to co-operate with Kinder Morgan has forced a seven-month delay in a National Energy Board (NEB) review of the company's proposed expansion of its Trans Mountain pipeline through British Columbia.

The NEB announced Tuesday it has deferred the deadline for the final report to cabinet until Jan. 25, 2016, while Kinder Morgan completes necessary studies.

The agency wants more information about a preferred new route through Burnaby Mountain, but so far Metro Vancouver has been steadfast in its opposition. Burnaby has not allowed engineers and other specialists hired by Trans Mountain onto city property.

"There's a number of different studies that we would need in order to assess the application," said Sarah Kiley, the board's communications officer. "What we're looking at is a new route that would go through the mountain."

The company told the board that the route through the mountain, which is home to Simon Fraser University and a vast park, is preferable because of the lower construction cost.

No one from Trans Mountain responded to a request for comment, but the company told the board that it has attempted for more than a year to work with Burnaby to collect the required information. THE CANADIAN PRESS

From left: Xavier Toriel, 2, alongside his sister Ruby, 5, Wilder Griffiths, 3, in front, and Emiliano Cortes, 5, break ground for their future home in Vancouver's first co-housing project at East 33rd Avenue near Victoria Drive. EMILY JACKSON/METRO

City's first co-housing project breaks ground

Community. Living is more affordable with shared office space and built-in babysitters: Coun. Kerry Jang

EMILY JACKSON
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A new East Van development is being lauded as friendlier, more affordable and greener than most — but don't plan on moving in if you can't stomach the idea of cooking for 31 families every so often.

Vancouver's first co-housing project broke ground on Tuesday, an occasion celebrated by future residents and city officials alike as shovels entered the ground near East 33rd Avenue and Victoria Drive.

The development, which sits on three lots in a single-family neighbourhood, will have 31 units and about 6,000 square feet of communal space in four three-storey buildings.

Residents buy the units similar to a condo strata (only three are still available) but opt to live in a close-knit community where decisions are made by consensus. While they take turns cooking about three communal meals each week, each unit comes with a private kitchen.

"This is a damn good idea," Vision Vancouver Coun. Kerry Jang said at the groundbreaking. "It's a great use of land, it's a very sensitive amount of density and it reduces costs."

Jang championed the project as an innovative way to deal with some of Vancouver's problems, including the prevailing sense of loneliness in the city revealed in a Vancouver Foundation report that found residents lack a sense of community.

Although the units aren't cheap, living is more affordable with shared office space and built-in babysitters, Jang said.

"It's not for everybody, but for the people it works for let's do it," he said, adding it's part of the housing mix that can keep young people in the city. There will be more than a dozen children living in the development when it's ready in about 14 months.

After thousands of hours of volunteer work and a marathon public hearing to re-zone the land, future resident Darcy Riddell was thrilled to see construction start.

"It's been a long haul. It's really exciting," she said.

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WorkSafeBC. Report urges complete overhaul of inspection methods

A report on WorkSafeBC is calling for a complete overhaul of inspection and investigation methods after two botched probes led to no charges in sawmill blasts that killed four workers.

The recommendations come in a report requested by the provincial government after explosions at the northern B.C. mills in 2012.

WorkSafe administrator Gordon Macatee says his review provides 43 recommendations, including splitting the current 30-member WorkSafe health and safety investigations team and building a so-called ethical wall between them.

If one team suspects its investigation could lead to criminal charges, it would flip the case to the second crew, which could launch a fresh, untainted probe, gathering evidence and interviews using methods that can stand up in court.

Macatee's report also calls for more stringent mill inspections to identify problems earlier, faster application of penalties and speedier resolution of appeals.

WorkSafe's investigation methods have been harshly criticized after charges were not laid in connection with blasts in Prince George and Burns Lake, where four workers died and dozens more were injured. THE CANADIAN PRESS

Defensive

City reacts to debt criticism

The City of Vancouver is defending its financial record after the right-wing Fraser Institute accused it of piling on debt in a study published Tuesday.

The Fraser Institute questioned why the city is requesting to borrow another $400 million in the next capital plan when it is already more than $200 million in net debt, a number the institute says has soared since 2002.

But Vancouver still has AAA credit ratings from Moody's, the city rebutted in a statement.

It blames the jump in debt on the Olympic Village fiasco where it had to borrow $630 million to finance the project, paid off in 2014. EMILY JACKSON/METRO

Cycling marathon

Riders brave heat wave

Cycling 1,200 kilometres in less than 90 hours is already a challenge, but a heat wave is adding another layer of difficulty for the 44 riders taking part in a marathon challenge across Vancouver Island.

"The weather comes into play big time," said Victoria cyclist Jim Runkel, who completed the distance last weekend as a pre-rider to ensure course safety.

Hosted by the B.C. Randonneurs Cycling Club, the marathon cyclists, called randonneurs, are participating in an organized ride known in the sport as a "brevet" that kicked off 3 a.m. Monday from Victoria on a route to the northernmost tip of the Island and back. THANDI FLETCHER/METRO

Boat builder Erkan Gursoy of Nanaimo was rescued by U.S. Coast Guard on July 12 when his 12-metre sailboat, Altan Girl, became stuck in Arctic ice 65 kilometres northeast of Barrow, Alaska. COURTESY U.S. COAST GUARD

Sailor rescued after 10 days in Arctic ice

Nanaimo sailor. As polar bears watched, lone man trapped in a sailboat awaited rescue

THANDI FLETCHER
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A Nanaimo sailor is relieved to be rescued after spending 10 days trapped in Arctic ice as curious polar bears closed in on his sailboat.

Boat builder Erkan Gursoy, 67, was attempting to sail solo through the fabled Northwest Passage on Altan Girl, a 12-metre sailboat he built himself, when he became stuck in an ice shield about 65 kilometres northeast of Barrow, Alaska.

Trapped

"He got caught in the ice floe and that was it. It just took him."

Renay Gursoy on her husband's ordeal

"He was completely trapped," Gursoy's wife, Renay, told Metro from the couple's home on Vancouver Island.

Gursoy set sail in April with a goal of journeying through the Northwest Passage before crossing the Atlantic to reach his home country of Turkey.

By the time Gursoy reached Alaska, however, his lifelong sailing dream was suddenly put on ice.

Gursoy was rescued Saturday by the U.S. Coast Guard after Renay, who was in constant communication with her husband, placed a distress call to search and rescue officials. Crews from the Coast Guard Cutter Healy, a polar icebreaker working nearby on a scientific research expedition, broke a 20-kilometre path through the ice to reach Altan Girl before towing it back to open water.

While Gursoy awaited assistance, Renay said he could see several polar bears about 40 feet away from his boat. Renay said her biggest fear was that the polar bears would go on the boat while her husband was sleeping.

"He did have a rifle with him, but he just banged on some gas tanks and the noise scared them away," she said. "Luckily it's daylight all the time right now up there, so that helped."

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A memorial continues to grow at a Parkhill home in Calgary, where Alvin and Kathryn Liknes, and their five-year-old grandson, Nathan O'Brien, went missing two weeks ago. KEN VAN DE WALLE/FOR METRO IN CALGARY

Calgary mom 'hopeful' Nathan will come home

Charges laid. Police believe that five-year-old Nathan O'Brien and his two grandparents were murdered

JEREMY NOLAIS
Metro in Calgary

Nathan O'Brien's mother isn't giving up hope her little boy will still come home — even as police formally charged a man in what's become a triple-murder case.

Jen O'Brien told Metro Tuesday that police haven't shared with the family any evidence they've gathered that gives them confidence five-year-old Nathan and his grandparents, Alvin and Kathryn Liknes, are dead.

"At this point, I don't know what that evidence is; nobody knows what that evidence is," she said. "They won't tell us, but we do know that it's not time for us to lose hope.

"I can't and I won't until we know for sure."

Douglas Garland has been charged with two counts first-degree murder and one count of second-degree murder — the latter charge relates to the presumed death of Nathan. The nature of the charges indicate that police believe the accused pre-meditated the murders of the Liknes couple but not that of the five-year-old, who'd been staying over at his grandparents' Parkhill home on June 29.

Quoted

"It's not time for us to lose hope."

Jen O'Brien, mother of five-year-old Nathan O'Brien, who was staying at his grandparents' home on June 29.

When Jen O'Brien returned the following morning to retrieve her son, neither Nathan nor her parents were anywhere to be found.

"I'm so hopeful that my little boy's going to come home," she said. "I hope and pray that anybody that was involved actually speaks up and has it in their hearts because Nathan wasn't involved in this."

Police have said a violent incident occurred inside the home and that the missing trio didn't leave voluntarily.

The Parkhill home was searched during the two-week investigation, as were an Airdrie acreage owned by Garland's parents and multiple Calgary landfill sites.

On Monday, police Chief Rick Hanson broke the news that although no bodies have been recovered, his investigators have gathered enough evidence to lay the three murder charges.

Kidnapped girls

Parents and schoolmates snub Nigerian president

Parents and schoolmates of the 219 schoolgirls held captive by Boko Haram extremists refused at the last minute Tuesday to meet with Nigeria's President Goodluck Jonathan.

On Tuesday, security agents locked the doors to the National Assembly, preventing the campaigners from attending a scheduled meeting with the Senate president, said Rotimi Olawale, co-founder of Youth Hub Africa.

It seems the campaigners then persuaded the parents and girls not to meet with the Nigerian president.

Jonathan accused the Nigerian chapter of the Bring Back Our Girls movement of "playing politics with the situation."

THE ASSOCIATED PRESS

136 injured

Train derailment kills 21 in Moscow

A subway train derailed Tuesday deep below Moscow's streets, twisting and mangling crowded rail cars at the height of the morning rush hour. At least 21 people were killed, Russian officials said, and 136 more were hospitalized, many with serious injuries.

Park Pobedy, where the derailment occurred, is Moscow's deepest metro station — 84 metres below the surface.

Of the 136 people hospitalized, at least 42 were in grave condition, officials said. It was unclear what caused the train to derail.

THE ASSOCIATED PRESS

Death toll rises. Israeli bombings resume after Hamas rejects ceasefire

Israel resumed its heavy bombardment of Gaza on Tuesday and warned that Hamas "would pay the price" after the Islamic militant group rejected an Egyptian truce plan and instead unleashed more rocket barrages at the Middle Eastern state.

Rocket fire from Gaza killed an Israeli man Tuesday, the first Israeli fatality in eight days of fighting. In Gaza, 197 people were killed and close to 1,500 wounded so far, Palestinian officials said, making it the deadliest Israel-Hamas confrontation in just over five years.

Hamas officials rejected the current Egyptian plan on Tuesday, noting they weren't consulted by Cairo. Some portrayed the truce offer as an ultimatum presented to Hamas by Israel and Egypt.

The officials said the Egyptian plan offered no tangible achievements, particularly on easing the border blockade that has been enforced by Israel and Egypt to varying degrees since 2007. The Egyptian proposal had been the first attempt to end the fighting.

Hamas does not consider Egypt's current rulers to be fair brokers.

Fighting persists

On Tuesday, thousands of residents of northern and eastern Gaza were urged to leave their homes by Wednesday morning, presumably a prelude to airstrikes.

- Israeli aircraft have struck around 1,700 times since July 8, while Gaza militants fired more than 1,200 rockets at Israel.

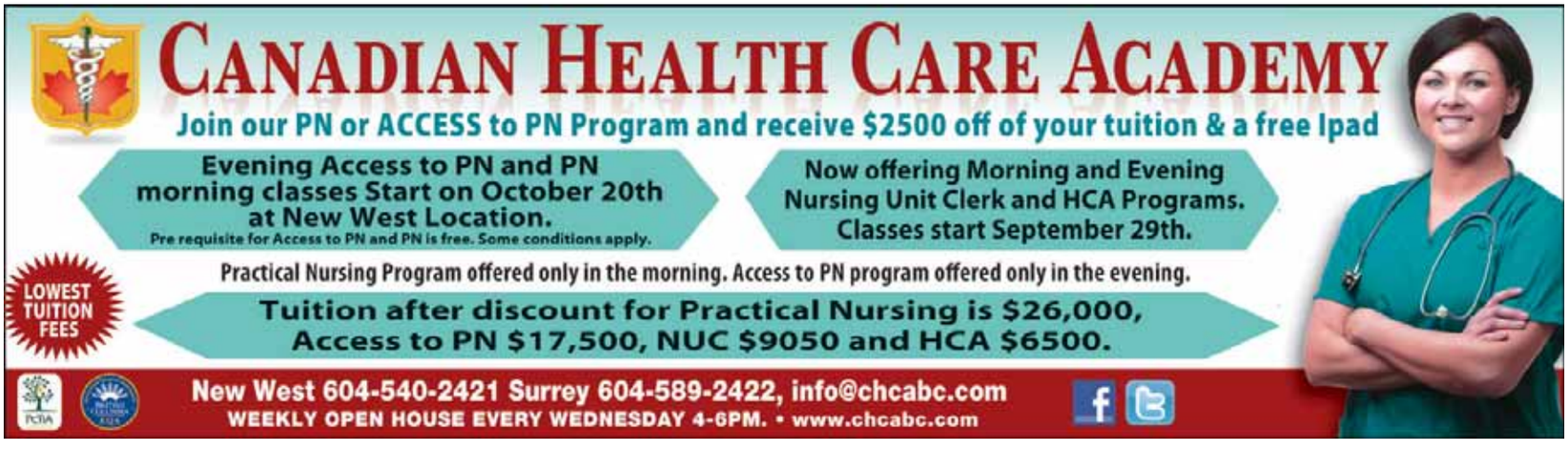
In an evening address aired live on TV, Israeli Prime Minister Benjamin Netanyahu said that after Hamas' rejection of the truce, Israel had "no choice" but to respond more forcefully.

"Hamas chose to continue fighting and will pay the price for that decision," he said.

"The siege on Gaza must be broken, and the people of Gaza should live freely like other people of the world," Moussa Abu Marzouk, a Hamas official, told the Lebanese TV channel Al-Mayadeen, adding that there should be a "new equation" in place to prevent war.

THE ASSOCIATED PRESS

Palestinian boys inspect the site of a family home which was damaged by an overnight Israeli missile. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS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Suspended senator

Duffy has love child: Maclean's

Maclean's magazine reported on Tuesday that suspended former Conservative senator Mike Duffy has a love child in Peru. Torstar News Service has not verified this allegation.

Karen Duffy, 32, has filed a civil suit in Peruvian court against Duffy.

TORSTAR NEWS SERVICE

Possible record-breaker

Teen flies solo around the world

A U.S. teen may have become the youngest person to fly solo around the world.

Matt Guthmiller, 19, completed the more-than-46,670-kilometre journey in a single-engine airplane Monday night when he touched down in California.

Guthmiller made about two dozen stops in 14 countries during the journey that began May 31, according to his mother, Shirley, who greeted her son after his 16-hour final-leg flight from Hawaii.

Guthmiller took an early interest in aviation and was 16 when he got his pilot's licence.

Guthmiller's parents said he's sending documentation to Guinness World Records, which must confirm that he broke the record.

THE ASSOCIATED PRESS

It's a boy!

On-duty officer delivers own baby

Officer Bryan Anderson was on duty Sunday in Hemet, Calif., when he got a call from his wife saying she was about to give birth to their baby. Anderson hurried home and called paramedics, but they didn't arrive in time. He delivered baby Michael in their bathroom. THE ASSOCIATED PRESS

Detained immigration activist gets U.S. release

Jose Antonio Vargas. Journalist who is an undocumented immigrant was stopped in Texas border town

Pulitzer Prize-winning journalist Jose Antonio Vargas, a Philippines-born immigration activist who has lived in the U.S. illegally since he was a child, was released by U.S. Border Patrol agents on Tuesday after they detained him at a Texas airport.

Border Patrol spokesman Omar Zamora said Vargas was stopped going through security at the airport in McAllen, just across from the Mexico border. A spokeswoman for Define American, Vargas's advocacy group, confirmed his release Tuesday afternoon.

It is common for the Border Patrol to release people on their own recognizances, with notices to appear in court later. With such notices, people can generally travel throughout the U.S. without being detained again.

THE ASSOCIATED PRESS

Splashing in the streets

A child plays in a waterlogged street holding the hand of an adult as it rains in Mumbai, India, Tuesday. Incessant rainfall has caused waterlogging in several parts of the city. RAJANISH KAKADE/THE ASSOCIATED PRESS

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Weighing security vs. privacy in Britain

Law. Parliamentarians push bill requiring phone and Internet companies to store call and search records for an entire year

British lawmakers debated the balance between privacy and security Tuesday during an unusual one-day session designed to rush an online surveillance bill through Parliament.

A series of government and opposition legislators spoke in the House of Commons to condemn the Data Retention and Investigatory Powers Bill, which requires phone and Internet companies to store call and search records for a year.

Home Secretary Theresa May said the data is "vital in the fight against crime and the fight against terrorists."

But Labour lawmaker Jeremy Corbyn called the bill "a massive piece of intrusion into people's lives," and Conservative David Davis said the legislation was intrusive and ill-conceived.

"While this may be law by the end of the week, it may be junk by the end of the year," Davis said.

Data retention has been in legal limbo since the European Court of Justice ruled in April that a European Union directive requiring companies to store communications data for up to two years was too broad and a threat to privacy rights.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 92.95¢ (-0.38¢)

TSX 15,081.32 (-89.91)

OIL $99.96 US (-$0.95)

GOLD $1,297.10 US (-$9.60)

Natural gas: $4.09 US (-$0.07)
Dow Jones: 17,060.68 (+5.26)

'Smart' contact lens coming

A smart contact lens is shown in this image released by Google in January. Swiss drug developer Novartis will team with technology giant Google to develop a "smart" contact lens that could improve some eye conditions or help diabetics manage their disease. Terms of the agreement between the companies were not detailed in a statement released Tuesday by Novartis. THE CANADIAN PRESS

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WORLD'S OLDEST MAN OUTLIVES TO TELL

JUST SAYIN'

Paul Sullivan
metronews.ca

Some of us stop having birthdays after we turn 29.

Still, somehow the government tracks us down when we're 65 and sends us a paltry stipend.

"Too bad. You're old, ha ha. Here's 500 bucks a month. Don't spend it all in one place."

Sadly, in our youth-obsessed age, the elderly get no respect. Of course, being only 29, I have no first-hand experience of the problem.

There is one way to get the respect you deserve: just wait everybody out until, like José Aguinelo dos Santos, you wake up one morning as The World's Oldest Man.

Then they respect. They come from miles around to ask you how you managed to survive until 126, outlasting the former Jeanne Calment, that young French girl who gave up the ghost at 122 in 1997.

And if you're José, the formula is pretty simple. "The truth is," he told an inquiring reporter, "you keep getting older."

It helps, apparently, to smoke a pack of cigarettes a day for the last 50 years, to sing and tell jokes and eat rice and beans. Oh, and avoid bathing at all costs.

When you're 126, who's going to say you smell like old cheese? And you can just pretend not to hear them.

José was allegedly born on July 7, 1888, on the same day as Lawrence of Arabia — who may have had a more exciting life, but look who's still here.

The son of an African slave — he can't remember his mother's name — José was born two months after slavery was abolished in Brazil. He spent most of his life working on a coffee plantation, so you have to wonder if emancipation made much difference.

José got his first birth certificate this month after being interviewed by experts. He was able to accurately describe the slave compound of his birth, which allowed the experts to assign his age, although his old folks' home is hoping to have him carbon 14-dated to make sure.

When you're 126, it's kind of like being a petrified tree.

But just look at what this guy has lived through. The year he was born was the year of Jack the Ripper. He was 26 at the outset of World War I and 53 when World War II ended. He was 62 the last time Brazil hosted the World Cup. That was in 1950. He was a pensioner more than half a century ago.

Memo to self: call financial adviser re: outliving retirement capital.

If you're José, you could look at it this way: every minute could be your last.

Or you could look at it this way: every minute is a bonus. As fellow centenarian George Burns liked to say, "If you live to be one hundred, you've got it made. Very few people die past that age."

So happy Birthday to José, the last man standing (from on or before July 7, 1888).

DON'T CALL IT AN IMPERSONATION

Frank Werth, left, of Hayes, Kan., looks at the collar of Tony Freitas, of Oakdale, Calif., during the Las Vegas Elvis Festival. Some three dozen Elvis tribute artists took their gyrating hips and curled lips to the stage over the weekend to see who could do the most convincing portrayal. JOHN LOCHER/THE ASSOCIATED PRESS

Elvis tribute artists go for reverence, not mockery

The white-suited, chest hair-baring, blue contact-wearing men posing with fans outside the showroom of the former Las Vegas Hilton don't want to be called Elvis impersonators.

The correct term is Elvis tribute artist — or ETA for short — to distinguish their studied performances from the dime-a-dozen characters trolling the strip.

"It's not a gag," explained Jason Sherry, producer of this weekend's Elvis Festival in Las Vegas, one of several sanctioned by Presley's estate that lead up to Elvis Week in Memphis, Tenn., in August. "It doesn't mean we don't enjoy it. But we're not making a mockery of Elvis."

Some three dozen ETAs took their gyrating hips and curled lips to the stage over the weekend to see who could do the most convincing portrayal.

Prizes included $2,500 in cash for the top performer and a chance to represent Las Vegas in the Ultimate Elvis Tribute Artist competition during Elvis Week. THE ASSOCIATED PRESS

Love me long time

Events help Presley's estate cultivate a fan base decades after radio stations stopped playing Love Me Tender.

- Organizers have tweaked the festival to keep up with the changing demographics. For example, they ditched sock hops and replaced them with an after-hours party more familiar to millennials.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 12 in Scene, page 16 in Life and page 21 in Sports.

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metro AR

MetroTube

This is (messed) up

ANDREW FIFIELD
andrew.fifield@metronews.ca

While it could fit comfortably in the "Meanwhile in Russia" file, this clip of a motorcyclist who rudely found himself on the roof of the car in front of him, courtesy of the front of the car behind him, is exported from another reliable supplier of street malfeasance videos: Australia.

Though "all kinds of (messed) up" from the ordeal, the driver luckily survived. As for the (messed) in the previous sentence, the word it replaces is unsurprisingly muttered here. Let's call it a "muffled grunt." (Madchodo/YouTube)

SCREENGRAB

metro

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Sex Tape spawn of getting it on

Sexcapades. Hitting record before hitting the sack is a popular if not always private pastime

IN FOCUS
Richard Crouse
scene@metronews.ca

Jason Segel and Cameron Diaz play a married couple who videotape themselves in Sex Tape. CONTRIBUTED

For many people, especially those who troll around in the more unsavoury corners of the Internet, the first exposure to celebs like Paris Hilton and Kim Kardashian came from that most modern form of celebrity introduction: the sex tape.

Paris and Kim's videoed sexcapades weren't the first tapes to become public — in 1988 Rob Lowe was embarrassed when VHS images of him and two women popped up on the news — and they weren't the last.

This week in Sex Tape, Jason Segel and Cameron Diaz are Jay and Annie, a married couple who try to spice things up in the bedroom by videotaping themselves. All goes well until Jay forgets to erase the tape and mistakenly stores it on the cloud. "Our sex tape has been synced to several devices," he says, "all of which are in the possession of friends!"

Given how many actors have appeared in sex tapes it's not surprising that several movies have used the raunchy videos as a plot point.

In Brüno, the titular Austrian fashion reporter (Sacha Baron Cohen) tries to make a name for himself in America by making a sex tape with another famous American, U.S. Congressman Ron Paul. Trouble was, Paul wasn't in on the joke. "I was expecting an interview on Austrian economics," said Paul. "But, by the time he started pulling his pants down, I was like 'What is going on here?' I ran out of the room. This interview has ended."

The 2006 comedy Drop Box has production values not unlike that of an actual sex tape but despite its low budget it offers up the funny and often brutal story about Mindy (Rachel Sehl), a big-time bubblegum pop star (think Britney or Miley), who accidentally returns her homemade sex tape to her local video store instead of the movie she rented. Realizing her mistake, she tries to re-rent the tape. It's a character study about a spoiled pop princess who butts heads with an unmovable force in the form of the uncooperative and inquisitive clerk (David Cormican).

Finally, Auto Focus exposes sex tapes' dark side. Hogan's Heroes star Bob Crane's (Greg Kinnear) all-American public persona hid a secret obsession. According to the film, he liked making sex tapes with women, usually without their knowledge. The movie speculates his 1978 murder may have been related to this unlawful pastime.

AUGMENTED REALITY

→ After 12 years of marriage, this couple decide to spice things up. Scan this photo with your Metro News app to find out how.

→ See the full instructions on Metro's Voices page.

Sugar skull treat. Book of Life animates Mexican folklore

Guillermo del Toro is helping to open the Book of Life.

The Oscar winner is producing the animated feature by first-time director Jorge Gutierrez, and joined him at Fox Studios on Monday to unveil footage from the film, set for release in October.

Book of Life is rich with imagery from Mexican folklore, with a special emphasis on the Day of the Dead, the food- and music-filled celebration of the annual return of the spirits of deceased loved ones.

Del Toro said he was moved by Gutierrez's emotional, visual and narrative connection to Mexico.

Book of Life centres on two best friends angling for the girl of their dreams, not realizing that otherworldly powers have a stake in the outcome. The leaders of the underworlds, the Land of the Remembered and the Land of the Forgotten, make a wager on which lover the girl will choose.

Zoe Saldana, Channing Tatum and Diego Luna lead the voice cast. The film also features ranchera interpretations of popular songs by Mumford & Sons, Radiohead, Rod Stewart and others.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan feels London calling and considers long-term commitment

NED EHRBAR
Metro in Hollywood

Lindsay Lohan is almost officially London's problem, so everybody just keep quiet until she's gone, OK?

The troubled starlet has been living it up across the pond, but now that's she finally scored herself a gig over there, she's eager to make the move permanent, to the relief of drivers and nightclub patrons across the U.S.

"I have a great place. It's very light and I feel safe," Lohan tells the Daily Express. "I think I am making the move to come over here."

Lohan starts her run on the West End stage later this year, and she's already looking to head off speculation that she'll flake out on work.

"I'm at a place in my life where I like the commitment. I'm looking forward to that part of it," she says.

You go, girl. No, really. Go.

Beyoncé and Jay-Z ALL PHOTOS GETTY IMAGES

Beyoncé and Jay-Z are On the Run with a marriage counsellor

Jay-Z and Beyoncé reportedly have added a new member to their summer tour entourage: A marriage counsellor — well, virtually at least. Sources tell the Daily Mirror that the married moguls have been meeting with a therapist via Skype while on the road to keep their relationship on course. "It might sound drastic but, in America especially, counselling is fairly standard practice," a source says. "They have known their therapist for a long time and try to have weekly sessions just to keep communication open and make sure there are no misunderstandings. It's about maintenance rather than trying to fix anything hugely wrong."

Laurie caught off guard by Serbian fan who made off with his passport

Hugh Laurie

Sometimes diehard fans can be a real drag, as Hugh Laurie learned while travelling across Eastern Europe this week. The former House star tweeted about an unfortunate hold-up with a Serbian official while on tour with his blues group, Copper Bottom Band. "Crossed into Serbia but had to turn back an hour later," Laurie wrote. "Border guard had kept my passport to make a photocopy as a souvenir. Smashing!"

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Jody and Marilyn Wakefield dig for dinosaurs at Dinosaur Provincial Park under the guidance of David Lloyd, right. The daylong dig was a birthday gift from Jody to Marilyn, who said it was a lifelong dream to get to dig for dinosaurs.

Digging in the badlands

Family fun. Exploratory dig at The Royal Tyrrell Museum in Drumheller is inspiring for kids

HEATHER GREENWOOD DAVIS
For Metro

It takes only a few minutes of surveying the area to spot the telltale bone underneath the dirty white plaster. Its burnt orange colour is easy to make out, especially on a day when the sun is beating down on our backs as we work and there's a bit of a gleam when rays hit the bone.

I pick up the dental pick and small brush to clean the area around the discovery, but my hand is quickly brushed away. Rightly so. I am only the apprentice in this scenario. My nine-year-old son Cameron is the lead paleontologist on this simulated archeological dig.

"Mom, not yet! First I need the awl," he tells me and I dutifully scramble to find our spiked, chisel-like tool.

I'm not the only adult closely following the instructions of a child.

There are about 15 of us, adults and kids, on this exploratory dig at The Royal Tyrrell Museum in Drumheller.

The Dig Experience program is one of more than a dozen popular options offered by Canada's only museum dedicated to dinosaurs. Kids as young as three can cast fossils in plaster, take a guided hike and search for real fossils in the Badlands' unique, rocky landscape. There are grandparents sweeping dirt off uncovered bones, parents running back to large bins to dump debris their kids have chiselled off specimens in the trenches, and kids with furrowed brows trying to figure out whether the bone they've uncovered is a tail or a toe.

The program is part imaginative play, part educational excursion. While the "bones" we're digging for are actually casts of originals, they are covered in a hard plaster that we can only remove by using real paleontological tools.

With goggles in place and tools in hand, we work to expose our bones slowly and meticulously, as museum guides offer up information, facts and real dinosaur fossils to hold and examine.

For some, the make-believe aspect of this excursion might prove frustrating.

After all, this is Dinosaur Valley: An area where finding a fossilized dinosaur bone is almost as easy for a trained paleontologist as tripping over a dinosaur-loving child. And for those who want the real thing, the area doesn't disappoint. Drumheller is five hours north of Calgary, but at about the midpoint of that drive sits the UNESCO (United Nations Educational, Scientific and Cultural Organization) World Heritage Dinosaur Provincial Park.

The park has some of the best representations of late Cretaceous fossils in the world. (The late Cretaceous era dinosaurs lived around 75 million years ago.)

More than 40 different species of dinosaurs from that period have been found in the 8,086-hectare park, and dinosaur bones continue to be discovered regularly.

While the park offers programs that will appeal to all ages including the Explorer's Bus Tour, which takes groups around parts of the park accessible only when accompanied by a park guide, there are also quite a few programs aimed at those 14 and older.

Fossil prospecting includes a hike through the park in search of real dinosaur bones. The Bonebed 30 Guided Excavation allows participants to learn the same technique we were using on our simulated dig behind The Royal Tyrrell Museum in a real quarry alongside working paleontologists. Or you can stretch these experiences to last one day or as long as three days.

The age requirement for participation speaks to the important nature of the work you're doing. Fragments and fossils found by participants often make it back to the museum for research and continued analysis.

At the end of our dig at the museum, only a small percentage of our bones are uncovered, but the kids in the group are surprisingly OK with that.

"We made a great team mom," he tells me, kissing my cheek, and somehow my sore back is better for it.

Witnessing Kananaskis' mighty beauty up close

Travel. A weekend in this country offers adrenaline-pumping activity for all ages

There is a saying about the badlands of Dinosaur Provincial Park in Alberta: "If you aren't walking on dinosaur bones, you are not in Dinosaur Provincial Park." TODD KOROL PHOTOS

The drive west out of Calgary to Kananaskis Valley is a quiet one.

The Trans-Canada Highway makes its way across the Prairie province and the flat lands on either side are exactly as you might expect, but just ahead of your arrival in Kananaskis Valley, things change.

Gorgeous forests and statuesque mountains appear seemingly out of nowhere. Here a meandering bear, there a lumbering moose.

The combination makes for a breathtaking trip and it only gets better when you do it with family. Whether your original plans had you heading further north to Banff or hanging out in Canmore, stop the car in the Kananaskis Valley and you'll be glad you did.

Here are four adventures for your young thrill-seekers.

Sky High

Glacial blue waters, meadows filled with wildflowers and the kind of photo backdrops that will leave friends drooling, await as you peer down on the Kananaskis valley from above. The 20-minute helicopter ride that makes up the First Nation Heritage Tour will take longer to prep for than you are in the air, but the views are well worth it. Add on a one-hour wilderness stop ($69 per person) and the 'copter will set down in the valley.

You can take breathtaking photos there. From the moment the kids don the headsets to chat with the pilot, they'll be hooked. **(kheli.com; $189 per person)**

Saddle Bound

The horses at Boundary ranch have names such as Chip and Brownie and temperaments that range from easygoing to stubborn. Find the right one for you and take to the trails for a guided ride through the Kananaskis Rocky Mountain Range. Newbies can start with a one-hour loop. More experienced riders can try the day-long adventure ride. You may spot deer, moose and elk along the way. **(boundaryranch.com; $43.50-$159 per rider)**

Meandering Moose

Drive the long gravel road to Mt. Engadine Lodge to spend a night or two in the valley and you'll be rewarded with gorgeous scenery and some antlered friends. Hiking, cycling and kayaking are available. Book the Whiskey Jack room for two bedrooms suitable for a family of four. You'll eat well; meals are delicious and plentiful and served family-style in the main lodge. That is where you'll find the large wrap-around deck, which is perfect for sipping your first coffee of the day, while you watch over Moose Meadow for wolves and bears. **(mountengadine.com; $780 per night for Whiskey Jack Cabin)**

Rock the Rapids

Want to create an adrenaline bond your family won't soon forget? Take Canadian Rockies Rafting's Kananaskis River Family Whitewater Excursion. The half-day trip takes your crew out on a guided Class 2-3 rapids whitewater adventure. Warning: You will get wet. Following the safety instructions are a must. Our oldest popped out of the raft when things got bumpy, but listening to instructions and following the rules got him back in quickly and safely. It made for a perfect adventure for the whole family. **(rafting.ca; $75 per adult, $65 per child aged 5-15 on weekdays)**

HEATHER GREENWOOD DAVIS/FOR METRO

Travel tips

The silhouette of a dinosaur statue at Dinosaur Provincial Park.

- **The Hotspots.** The Royal Tyrrell Museum is located in Drumheller, about a five-hour drive north of Calgary. Dinosaur Provincial Park is located near Brooks, about a three-hour drive north of Calgary. For program information visit: tyrrellmuseum.com, dinosaurvalley.com and albertaparks.ca.
- **Eating.** In Drumheller, book ahead for reservations at Sublime Food and Wine, where Red Seal chef Dennis Standage offers up a host of delicious treats from baked brie to seared ahi tuna (sublimefoodandwine.com). In Dinosaur Provincial Park, your choices are far more limited. There's a concession stand that serves some kid-friendly lunch options, but, for something heartier, you may want to head back to nearby Brooks.
- **Sleeping.** The Ramada Inn and Suites in Drumheller has a pool and waterslide that kids love. Complimentary breakfast and Wi-Fi make it a good choice. Whether you pack your tent or prefer something a bit more posh, it's worth it to book a campsite in Dinosaur Provincial Park. Their comfort-camping option includes a large canvas tent with wood floors, electricity, a gas barbecue, small fridge, electric heater, queen-sized bed, pullout futon and can comfortably hold a family of four (ramada.com and reserve.albertaparks.ca).
- **Extras.** Get a different view of the unique topography of the Canadian Badlands by seeing it from above in a hot air balloon (air-ristocrat.com), or explore the popular Horseshoe Canyon by helicopter (mvheli.com).
- **Kids won't want to miss.** Make sure to save time to climb the world's largest dinosaur. For $3 per person or $10 for a family of four (two adults and two children), you can climb up inside an 86-feet-high T-Rex and wave to family and friends below while standing inside its mouth (worldslargestdinosaur.com).

A hiker explores Dinosaur Provincial Park at dusk. Part of the park is set aside for hiking, climbing and exploring.

LIFE 3

One wet and wild adventure

Welcome to the world's tallest waterslide. What's it like hurtling down a water track at over 100 km/hr? Read on!

Halfway up the 264 stairs leading to the top of the world's tallest waterslide, it is clear this is the most breathtaking ride you'll ever encounter.

And that's before you ever step foot in the raft.

Two-thirds of the way up the circular stairs is a sign that says you've reached the height of the Statue of Liberty.

A few dozen more steps and you've reached the level of Niagara Falls — and the relief that despite being a little light-headed, you're going to make it to the top of the ride called "Verrückt" — German for "insane."

From a distance, the waterslide at the edge of Schlitterbahn Waterpark, about 25 kilometres west of downtown Kansas City, Mo., doesn't look so scary.

Even from just below the 51-metre structure, it's easy to dismiss the steepness of the first plunge if you've not been to the top and watched nervously as the gate opens and your raft starts creeping to the edge.

But the steady screams of grown men and women clinging to their rafts as they nosedive through bursts of water are proof this ride is anything but tame.

The ride can hit speeds of up to 112 kilometres per hour. THE ASSOCIATED PRESS

Before being allowed to climb the stairs to Verrückt, two or three riders at a time step onto a scale to make sure their combined weight isn't over 550 pounds.

A park worker then reads a two-page list that's as much a warning as it is a disclaimer that Verrückt isn't for the faint of heart (or anyone who is overweight, has a history of back problems or is pregnant).

Among the warnings delivered to riders before they start their ascent is that one of the possible hazards of going down the waterslide is ... death.

From the top, the plunge is higher than Niagara Falls. THE ASSOCIATED PRESS

AUGMENTED REALITY

→Can you handle the 17-storey drop? Scan this photo with your Metro News app to see a video of riders taking on the world's tallest waterslide.

metro AR → See the full instructions on Metro's Voices page.

Once riders reach the top platform, where they will climb aboard the raft, each team of riders steps onto another scale and is weighed again.

It isn't until you stand on the platform waiting for your heart to stop pounding that you begin to get a little anxious about boarding the raft — the same kind that during testing just weeks earlier had lifted up and flown over the edge, destroying upon its impact with the ground both the vessel and the sandbag people it was carrying.

Verrückt's designer, Jeff Henry, says that he wore cowboy boots his first time down because if he was going to die, he wanted to go with his boots on.

The raft inches into position, and all you see is the sky.

It's the scariest part so far, the feeling of moving closer to the drop. That plunge goes fast, up to 112 kilometres per hour. So fast that water shoots up over the sides of the raft.

By the time you open your eyes — a matter of seconds — you've reached the bottom and your mind gropes for an explanation of what just happened.

You'll feel elated that you've just had the guts to conquer what Henry calls "the baddest ride ever built."

THE ASSOCIATED PRESS

The West Beach in Grand Beach on Lake Winnipeg has been named one of the best beaches in the world by Playboy Magazine. ISTOCK

Hey Canada! It's time to hit the beach

Sun and fun. In need of some vitamin D and the sound of waves lapping against the shore? Check these out

ON THE MOVE
Loren Christie
life@metronews.ca

Grab your sunblock. Canada has a beach for everyone.

Best for family

The second-largest freshwater beach in the world, Ontario's Sauble Beach offers 11 kilometres of sand and shallow warm water ideal for swimming. Attractions include amusement parks, bars, playgrounds and go-karts. Located along the shore of Lake Huron west of Owen Sound, the friendly town of Sauble Beach is teeming with visitors, which makes for great people-watching.

Best for beach culture

With views of the Coast Mountain Range and the Strait of Georgia, the traditional beach resort town of Qualicum Beach, B.C., is one of the "grande dames" of Canadian seaside destinations. Sandy beaches make it a popular spot for swimming and beachcombing. The town has beautiful and extensive private gardens and a lively local theatre and music scene that provides plenty of evening entertainment.

Best for surfers

Located in Nova Scotia about an hour's drive east of Halifax, Martinique Beach is the longest sandy beach in the province. Quiet and underpopulated, it's the incredible wind and waves that draw surfers from around the world. As a protected bird sanctuary, visitors to the beach will also have the chance to spot Canadian geese, black ducks and the endangered Piper Plover.

Best beach in the Prairies

Located an hour north of Winnipeg on Lake Winnipeg, Grand Beach, Man., is actually two beaches stretching for a total of three kilometres. The West Beach has the distinction of being named as one of the world's best beaches by Playboy Magazine, while the East Beach is quieter and popular with families. Both have access to the clear freshwater lake and long stretches of sand, including 12 metre-high sand dunes. Grand Beach Provincial Park is undergoing a three-phase rejuvenation project, including a strengthened, paved boardwalk at a cost of approximately $2.7 million.

How-to

Prepare for a travel nightmare

1. Travel.gc.ca/travelling will help you find pre-travel information on countries you're thinking of visiting, so you can nip problems in the bud.
2. Head to travel.gc.ca/assistance/embassies for a list of embassies and consulates that provide services to Canadians abroad, in case things are looking dire.
3. Visit ppt.gc.ca if you lose your passport. This site is also good for fraud alerts and information on identity theft.
4. Always travel with both electronic and paper copies of your complete travel insurance plan.
5. Keep jpgs of your passport and driver's license tucked away online on Google or Dropbox.
6. Always look on the bright side.

DOUG WALLACE/METRO

Trend

NEIL FORRESTER

Family adventure memories

Disneyland may not be cutting it anymore. The trend toward more experiential holidays has Mom and Dad thinking further outside the box. Some parents are skipping vacation years to save up for the larger adventures every other year — the safari, the wilderness adventure or the camping trip in a foreign land. The term "memory making" is big with tour operators, who are busy phasing in custom-made kids clubs with programs that engage the children so parents can relax or do grownup things. These marketers are also taking into account multigenerational needs and wants, so Gram and Gramps can come, too.

DOUG WALLACE/METRO

Deal

Jamaica with the boys

You won't need to twist any arms. Half Moon Resort in Montego Bay, Jamaica, is offering a three-night package just for the guys — in a six-person, six-bedroom villa that comes complete with a personal cook, butler and housekeeper. The offer includes an 18-hole golf tournament with caddies and carts, a deep-sea fishing excursion, one hour of tennis time with the resort pros, a one-hour sports massage for everybody, all meals and alcohol, plus airport transfers — all for about $1,400 per person including tax and gratuity. Valid until December 10, 2014. Call 800-626-0592 to book. Visit halfmoon.rockresorts.com.

DOUG WALLACE/METRO

Night at the museum. Have an adults only sleepover with dinos in NYC

If you're not afraid of things that go bump in the night, an adults-only sleepover at the American Museum of Natural History may be for you.

The New York City museum will have its first-ever sleepover adventure for adults 21 years old and up on Aug. 1. It's a far cry from the kiddie version. For one thing, the charge is $325 for museum members and $375 for non-members.

A Champagne reception, music and a three-course dinner are on tap. Then it's off to explore the museum's enormous dinosaur skeletons and African mammals. Participants will unroll their sleeping bags under the popular 94-foot-long blue whale. The nocturnal adventure will run from 6:30 p.m. to 9 a.m. THE ASSOCIATED PRESS

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Vegas

Give veggies kid appeal by adding spaghetti

Salad Spotlight. Metro's third day in a weeklong lightening of your plate includes grilled fresh vegetables bursting with summer flavour

DINNER EXPRESS
Emily Richards
food@metronews.ca

Gardens are brimming with vegetables that are ready to be picked and grilled to enjoy in every way possible.

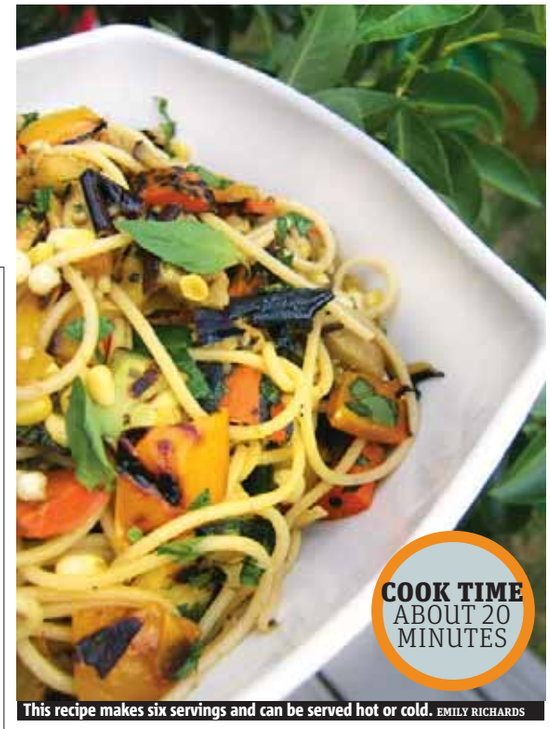
If you don't have a garden full of veggies, be sure to head to the farmer's market to pick up some of these delicious ingredients.

It is a special time of year when we can see and smell all the wonders that grow around us. Fresh herbs are in abundance as well, so feel free to add extra to enjoy that summer flavour.

Using spaghetti for this pasta salad gives it a fun kid appeal while adults will love the colour and flavour of the grilled vegetables.

You can enjoy this salad warm or cold. If you love vinegar, add an extra splash before serving it cold.

1. In a pot of boiling water, cook spaghetti for about 8 minutes or until al dente. Drain and rinse with cold water. Drain well and place in large bowl.



This recipe makes six servings and can be served hot or cold. EMILY RICHARDS

2. In another large bowl, toss sliced carrots, sliced eggplant, quartered orange and yellow pepper and sliced zucchini with oil to coat.

3. Place on greased grill with cobs of corn over medium high heat for about 10 minutes, turning once or until tender and golden.

4. When they have cooled enough to handle, place all of the grilled vegetables on a cutting board and cut them into bite-size pieces. Add the vegetables to the bowl of spaghetti.

5. In bowl, whisk the vinegar, vegetable broth, pesto and freshly ground black pepper. Pour over the vegetable and spaghetti mixture, add fresh basil and toss to coat evenly.

Ingredients

- 4 oz (125 g) spaghetti, broken in smaller pieces
- 2 carrots, sliced lengthwise
- 1 eggplant (about 1 lb/454 g), sliced lengthwise
- 1 each orange and yellow pepper, quartered
- 1 zucchini, sliced lengthwise
- 1 tbsp (15 ml) canola oil
- 2 cobs of corn, husked
- 3 tbsp (45 ml) apple cider or balsamic vinegar
- 2 tbsp (30 ml) vegetable broth
- 1 tbsp (15 ml) prepared basil pesto
- Pinch freshly ground black pepper
- 1/3 cup (75 ml) chopped fresh basil

Cooking tips

Here is a way to make this salad work for you.

- **Grilling technique.** When grilling vegetables, be sure to have a clean, well-greased grill and monitor the heat. You know your barbecue, so if it runs hot at medium-high be sure to turn it to medium for this recipe so you don't have charred vegetables. The flavour is more appealing with that hint of smokiness and it's also a healthier option!
- **Take it to go.** This is a great choice for a picnic.

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Facing feedback positively and with professionalism

Reviewing your review strategy. What's the best way to receive constructive criticism from your supervisor?

LAKSHMI GANDHI
Metro World News

Remember that a performance review is intended to be helpful, rather than hurtful. ISTOCK

The annual performance review can be nerve-wracking for even the most confident of employees. And according to a new book by Harvard Law professors Douglas Stone and Sheila Heen, many managers say they hate giving feedback. So how can workplaces break this vicious cycle? Douglas Stone shares these suggestions.

Go into the meeting prepared

"Ask yourself: What's the worst that can happen?" says Stone. "We often have a tendency to exaggerate the extent of the feedback. Let's say I tell you, 'You are singing off-key.' In your head, you might be thinking, 'He's saying that I'm awful and that I might never get another job.' But all I'm really saying is that you are singing off-key."

Ask for specifics

The term "feedback" is so broad that supervisors may not know where to start. "Instead, just ask for one thing," Stone says. "Say you are trying to get better in general, and ask if there is one thing that you should work on."

Say what you mean

Managers should try to be as clear as possible when giving feedback, says Stone. "Take an employee who is told something like, 'You have to be assertive,' or 'Take more initiative.' Those kinds of phrases don't have independent meaning." Instead, he suggests that managers give an example of what they'd like to see.

Take the feedback in good faith

Stone says that there are two reactions most people have to feedback.

"No. 1 is that it is upsetting," he says.

"No. 2 is that it is wrong. (So) the question is: Is it wrong or not? We dismiss feedback because we believe it is wrong. Let's say someone says you are aloof, and you think 'I'm not aloof, I talk to my co-workers.' It's important to think of what else that could mean. Ask yourself, 'Am I aloof with the clerical staff? Am I aloof with supervisors?'"

Know yourself

If you think you may have a tendency to take feedback very personally, Stone says it's important to take a step back.

"It's knowing your own patterns of behaviour and being aware that we exaggerate (the severity of the criticism.)"

As for readers who feel like a bad performance review is the end of the world, he says they should do this very simple thing: "Ask yourself, am I always going to feel that way?"

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Meet mentors from many miles away

E-nspiration. Students in the far North get guidance from experts all over the country through an e-mentoring program

Every Thursday afternoon, Ryerson University professor Beau Standish would get an email from a teenager in a classroom in Whitehorse, picking his brains from 4,000 kilometres away about careers in science and engineering.

Later, after the medical biophysicist tucked his own kids into bed, he would respond with all the facts and fervour expected of any good mentor.

Call him an e-mentor.

Standish is one of more than 800 Canadian professionals who have offered to give long-distance career tips and encouragement to some of Canada's most far-flung northern students through a non-profit program called DreamCatcher Mentoring. DreamCatcher matches students with professionals in their "dream careers."

It's like e-dating, only with mentors.

"She had lots of great questions, from 'What do you do in an average day?' to 'How hard do you have to study?'" said Standish, who would send the student information on everything from scholarships to individual engineering schools. He was pleased when his long-distance protegé signed up for an introductory program at the University of Waterloo for students keen on engineering.

Some 1,500 students from across the Yukon, Northwest Territories and Nunavut have taken part in the program over the past decade, ever since Toronto cancer researcher and entrepreneur Josh Silvertown launched it as a way to tackle high dropout rates in Canada's North. About half of the participants are aboriginal students.

The program has been so successful — the Yukon department of education said about 94 per cent of participants seem to stay in school — that he has given it to Big Brothers and Big Sisters of Canada to manage and expand this fall.

"We wanted to find a way to empower students in the North to understand the rewards of staying in school — and everyone can benefit from a mentor," said Silvertown.

He said giving his non-profit to another non-profit is a case study in altruistic amalgamation, something that more of Canada's 100,000 non-profits might consider as they compete for public support.

Grade 10 student Hannah Pater of Whitehorse was matched up with a marine biologist from the Maritimes, who she says "was really helpful explaining the variety of areas you can go into — Coast Guard, crustaceans, seaweed …

"I've always been interested in the ocean, but I thought of marine biology as one big field, and she helped me straighten out my path," said Hannah. "A lot of my friends found it eye-opening to learn more about their dream careers, and some even decided it wasn't for them and are happy they found out before they got into the field."

TORSTAR NEWS SERVICE

Love what you learn

"We wanted to find a way to empower students in the North to understand the rewards of staying in school — and everyone can benefit from a mentor."

Josh Silvertown
Founder of DreamCatcher Mentoring

Josh Silvertown founded DreamCatcher Mentoring to help students understand the rewards of staying in school. MARTA IWANEK/TORONTO STAR

Reaching out

Mentoring lies at the heart of the Big Brothers Big Sisters' philosophy, so it made sense for the organization to take charge of DreamCatcher, whose technology can be used in ways beyond just career advice, said chief executive officer Bruce MacDonald.

- "We'll keep it in the 26 communities where it's established and look at expanding to new markets in the North, but there are also other ways it could be used in the South and in cities," said MacDonald — "maybe for urban immigrant populations or even men and women serving overseas in the military."

Not to worry!

- **TalentEgg will return with its regularly scheduled content next Wednesday.** Visit metronews.ca/talentegg to read TalentEgg features you may have missed the first time.

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WHL

Giants expected to name new head coach

The Vancouver Giants are expected to name their next head coach at a news conference on Thursday.

According to reports, including one from Global BC, the successful candidate to replace Don Hay is Troy Ward, who was the head coach for the American Hockey League's Abbotsford Heat before that franchise was moved to upstate New York earlier this spring.

The new hire has yet to be officially named.

The Giants also announced that majority owner Ron Toigo intends to submit a bid for the 2016 Memorial Cup.

Vancouver last hosted the Memorial Cup in 2007.

CAM TUCKER/METRO

MLB

Jeter goes out on top in his final all-star game

Helping send Derek Jeter out a winner in his last all-star game appearance, Mike Trout drove in two runs with a triple and a double to lead the American League past the National League 5-3 on Tuesday night.

Jeter started his 14th and final midsummer gathering of the game's best with a vintage opposite-field double, following an ovation from the Target Field crowd of more than one minute. The Yankees' captain went 2-for-2 and was removed to another roar from the fans in the top of the fourth inning.

THE ASSOCIATED PRESS

World Cup champs get Heroes' welcome in Berlin

Bastian Schweinsteiger holds up the World Cup trophy for fans during Germany's victory ceremony on Tuesday in Berlin. Germany shared its fourth World Cup title with an estimated 400,000 people. "We're all world champions!" manager Joachim Loew told the crowd. Scan the image with the Metro News app for additional photos from the celebration.

MARKUS GILLIAR - POOL/GETTY IMAGES

Lion DB overcame childhood burns

CFL. Josh Johnson says he was told he'd never walk again after a horrific incident

CAM TUCKER
cam.tucker@metronews.ca

As a child, Josh Johnson was told he would never walk again. On Saturday, he recorded his first CFL interception for the B.C. Lions.

Johnson was five years old, growing up in Dade City, Fla., a small town with an estimated population of just under 6,600 people, when he suffered third-degree burns to 35 per cent of his body. It was a horrific accident.

As the Milwaukee Journal Sentinel reported in an article in March 2013, Johnson was playing football with his younger brother in a hallway in a family house, when they collided with his uncle, who was carrying a pot of boiling water to the bathtub because the family's hot water tank was broken.

The scalding water spilled on Johnson and he was rushed to hospital. Doctors told his family the grim news that he would never walk again.

His mother told her son what doctors had told her.

"She was in high spirits. My uncle was telling me, 'You know what, we'll make it through this,'" said Johnson after Tuesday's practice.

Just 3-1/2 weeks later, he said, he walked out of the hospital.

Johnson wasn't just walking. He was working his way to a career as a professional athlete.

"It's just telling me I can overcome any obstacles in life," he said.

Johnson, who played his college football at Purdue, is still in the early days of his CFL career, after just three regular-season games.

He's had an impact in every single one of them, too, with two sacks and an interception.

"He has a lot of the skills that we're looking for," said defensive co-ordinator Mark Washington.

"I believe the adversity and things he's faced in his life just prepared him for where he is right now."

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2014 Lincoln MKZ Hybrid

- **Type.** Four-door, front-wheel drive midsize luxury sedan
- **Engines (hp).** 2.0-litre inline four-cylinder gasoline engine and 88 kW electric motor (approximately 188 combined)
- **Transmission.** CVT automatic
- **Base price.** (incl. destination). $46,100

Market position

A very fuel-efficient and high-tech midsize luxury sedan. Ford says the re-imagining of the Lincoln brand has it positioned to appeal to a younger and more "culturally progressive" type of luxury customer; the type, for example, that would prefer a more personalized and understated "W" hotel stay over a more ostentatious luxury hotel experience.

Points

- Second model-year for current-generation version. Based on CD4 platform also under Ford Fusion.
- No premium charged for hybrid model. Same base price as gasoline-powered MKZ.
- More powerful lithium-ion battery pack translates to more electrical thrust and the ability to downsize gasoline engine to 2.0 litres (from 2.5 litres), for even better fuel efficiency (4.2 L/100 km combined).

The Lincoln MKZ Hybrid might appeal to the younger and more "culturally progressive."

Safety

Eight standard air bags; available inflatable rear outboard safety belts; electronic stability control with Curve Control; four wheel disc brakes with ABS; available back up camera, adaptive cruise control with collision warning and brake support, active park assist, lane keeping system and auto high-beam headlights; tire pressure monitoring system.

Entry-level luxury, top-shelf fuel economy

PHOTOS: MIKE GETZ

Review. Lincoln's MKZ Hybrid takes a different path to luxury

MIKE GOETZ
drive@metronews.ca

It's hard to feel sorry for an inanimate object, especially for something as neat-oh and cool looking as this sophisticated 2014 Lincoln MKZ Hybrid.

But whomever I met with this Lincoln during my week with it seemed to address it with a smidgeon of something like discrimination — an ever-so-slightly turned up nose, if you will. They weren't sold on the idea of a Lincoln as a premium automotive brand, and they wondered why hybrids are still being propagated as a desirable technology, especially in a luxury automobile.

Well, after my week, that dual underdog aspect of the Lincoln was just another thing that endured me to this luxury hybrid. It's far from perfect, but overall it's a great ride, with great looks and super fuel economy — 4.2 L/100 km city and highway.

A new and powerful lithium-ion battery pack meant Lincoln could upgrade the electrical motivation and move to a smaller (2.0-litre) gasoline engine.

Though it launches well, the combined 188 horsepower is not going to win you many street races. But to those of you who don't necessarily equate luxury with the zoom factor, you'll be perfectly happy motoring around, especially if your priority is fuel economy and/or not having a big ecological footprint.

MKZ is based on the Ford Fusion and both exhibit excellent handling characteristics.

Yes, all Lincolns are based on a Ford. But Ford is making decent stuff these days. MKZ is based on the Ford Fusion and both exhibit excellent handling characteristics. As a Lincoln, MKZ also benefits from a system called Lincoln Drive Control, which continually adjusts the suspension, the electric power steering feel and ratio, and a noise-suppression technology.

Note, however, that the MKZ is prioritized for spirited handling. The ride is surprisingly firm and controlled — it's not a couch on wheels like Lincolns of yore.

I thought the steering become too light, too fast when braking to stop, but otherwise the Drive Control was unobtrusive and effective.

The bigger caveat is the finicky nature of the touch-sensitive sliders and buttons on the instrument panel. It takes too much brainpower to do simple things like tune the radio and turn the fan down. (I know rotary knobs don't look or feel high-techy, but you know what? THEY WORK.)

The distinctive way the rear of the cabin is styled is an acquired taste. It also makes ingress and egress and the rear seating area a bit smaller than it might have been. But I love the way the front of the car looks. Very classy.

Compare

PHOTOS: CONTRIBUTED

1 Lexus ES Hybrid
Base price: $46,095
Like the Camry hybrid it's based on, but with Lexus styling and pricing.

2 Infiniti Q50 Hybrid
Base price: $48,995
A performance hybrid with more snap and less fuel efficiency.

3 Buick LaCrosse
Base price: $37,495
Considered a mild-hybrid; as in only electric assist, no electric-only mode.

DRIVE

Theories on Big Bang car chemistry

Car culture is alive and humming on the campus of Caltech. While Big Bang Theory's petrol-head pedigree isn't a match for the show's Iron Man Mark XLII geek hand, it isn't exactly running on empty. The crew's chief brainiac lacks a driver's licence but Sheldon could still talk your ear off about the physics of internal combustion, downforce and drafting. Plus Penny and Leonard have major auto-cred. The actors playing the CBS hit's central couple starred in Super Bowl car spots the past couple of years for Toyota and Hyundai. We fire up a Bunsen burner and rattle around some test tubes while pondering the Big Bang Combustion Theory.

MIKE DOJC
drive@metronews.ca

Leonard Hofstadter

With an ignition in a counter-intuitive spot (it's floor-mounted) and a hood hinged to open away from the windshield, Saabs are quirky cars and a fitting ride for a guy with more than a few quirks of his own.

Hofstadter, the self-anointed "king of foreplay," is a delicate soul who has been known to reach for his asthma inhaler post-sex. He is prone to a bevy of maladies from ear infections to allergies galore and the slightest whiff of dairy will wreak havoc on his digestive tract. But, like a Saab, his peculiarities tend to grow on people — just ask Penny, Priya or any of his prior co-pilots.

Penny

Penny pushes the pedal to the metal in a 1980s Volkswagen Cabriolet Mk1 convertible for most of the series.

The aspiring actress' driving is not for the faint-hearted as Penny often misses pivotal road signs and neglects to slow down ahead of speed bumps. The check-engine light she ignored for eons finally spelled the end for her rickety ride and Leonard buys her a new car this season. We've only caught a short glimpse of the roofline so the brand is a mystery. Some hardcore fans have speculated that it could be a Ford Taurus or a Chevy Malibu.

Rajesh Koothrappali

While Raj may have way too much experience playing the third wheel in his pals' tandem relationships, in a Big Bang Theory road race there's no doubt he'd be the leader of the pack.

The astrophysicist received a brand new beemer for his birthday on Season 6 but there was one slight hitch — they didn't spring for seat warmers and Raj has a sensitive tush.

Rajesh, if you want a warm butt, you're gonna have to pay for it yourself.

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HURRY, EMPLOYEE PRICING ENDS JULY 31ST
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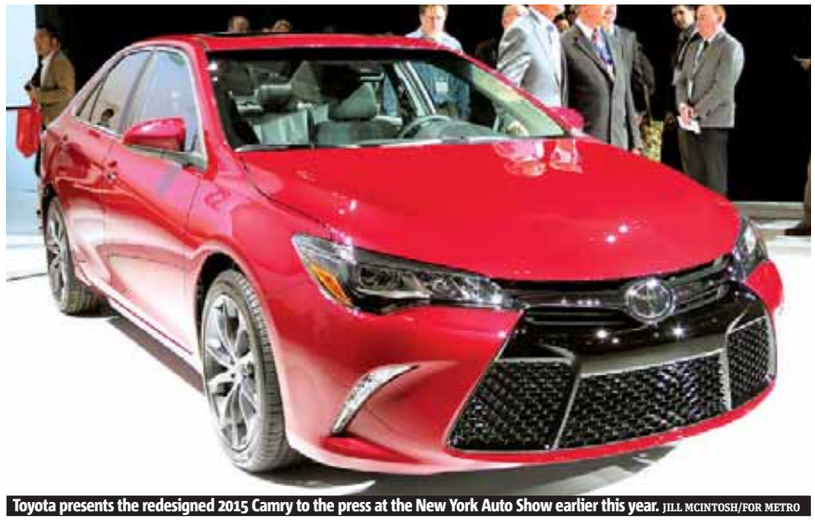
Redesigns, improvements keep vehicles fresh

Driving Force. It's a delicate balance of changing it enough to make a difference, while remaining familiar enough for loyal fans

JIL MCINTOSH
drive@metronews.ca



Toyota presents the redesigned 2015 Camry to the press at the New York Auto Show earlier this year. JILL MCINTOSH/FOR METRO

It takes a great deal of time, work, and money to redesign a car, but even as a new model comes to market, auto companies are busy updating it.

"The competition is fierce," says Kevin Hunter, president of Calty Design Research, Toyota's design studio in California. "But we always have to consider the customer when we 'move the needle.'"

Generally, brand-new models are introduced, "refreshed" about halfway through their life cycle, and then completely redesigned again as all-new. In the past, the refresh would usually be minor and take a few years, but many automakers are now updating their models sooner, and more extensively, to stay competitive. Hunter's team has sent out a Toyota Camry for 2015 that uses the 2014 model's platform and engine, but with radically updated interior and exterior styling.

Refreshed styling is actually far more difficult than creating a car from scratch, Hunter says, because designers have to work within the constraints of the current car, including its overall size, shape, and interior configuration. At the same time, the redesign has to be extensive enough that buyers can tell at a glance that the vehicle's been changed.

Even as they alter the car's appearance, designers have to maintain the integrity of the original engineering. Altering the vehicle's aerodynamics can negatively affect its fuel economy, while new curves or shapes have to meet the realities of mass production, and any changes to the steering or suspension must be extensively tested.

Automakers don't take redesigns lightly, as they're very expensive. In addition to the costs of design and engineering, production facilities have to be retooled to make the new parts, and suppliers have to accommodate the updated designs.

A redesigned model also goes through the same launch process as an all-new model. The company has to produce new advertising and commercials, print new brochures and sales material for its dealers, update its website, and present the car to the media. Toyota says that most mainstream-model customers only spend about 30 days deciding which car to buy, and the company has to focus on advertising until there are enough of the new models on the road that these customers realize the car they knew before has been changed.

"We start on the next one as soon as (the current one) hits the showrooms," Hunter says. "We always try to go as far as we can, without getting so radical that the customer may not appreciate it."

Updated drive

- Automakers also have to balance price: a very low price looks enticing, but it can drive down resale value, which can affect sales.
- American automakers made dramatic annual changes in the 1950s and 1960s, but the short turnaround resulted in quality problems.
- Cars are often updated with improved safety or fuel economy technologies as they become available.

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2014 Tiguan

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $26,600 for a new and unregistered 2014 Tiguan 2.0T base model with 6-speed manual transmission, including $1,610 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments of $144. $0 down payment. Cost of borrowing is $0 for a total obligation of $26,100. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Limited time discount on cash purchase only of a new and unregistered 2014 Tiguan 2.0T 4MOTION® model (excluding FWD model) with 6-speed automatic transmission, to be applied against the final negotiated price. Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end July 31, 2014 and are subject to change or cancellation without notice. Vehicle may not be exactly as shown. Visit your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Tiguan" and "4MOTION" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Bamboo better than carbon fibre?

Even before it has really taken off as a deeply ingrained construction material in mass-production automobiles, carbon fibre's day might already have come and gone ... eclipsed by bamboo. California surfboard manufacturer Gary Young argues that with the right approach, bamboo can be used in many applications in the auto industry "where its performance qualities can better carbon fibre's." He told Britain's BBCAutos.com that bamboo fiber is in most cases just as strong as carbon, much cheaper to buy and more environment friendly. Hailed for its incredible light weight and strength, carbon fibre is still expensive to make in large pieces and quantities, requires copious energy to manufacture, is not recyclable and uses toxic chemicals in its production. **ALL TEXT WHEELBASE MEDIA**

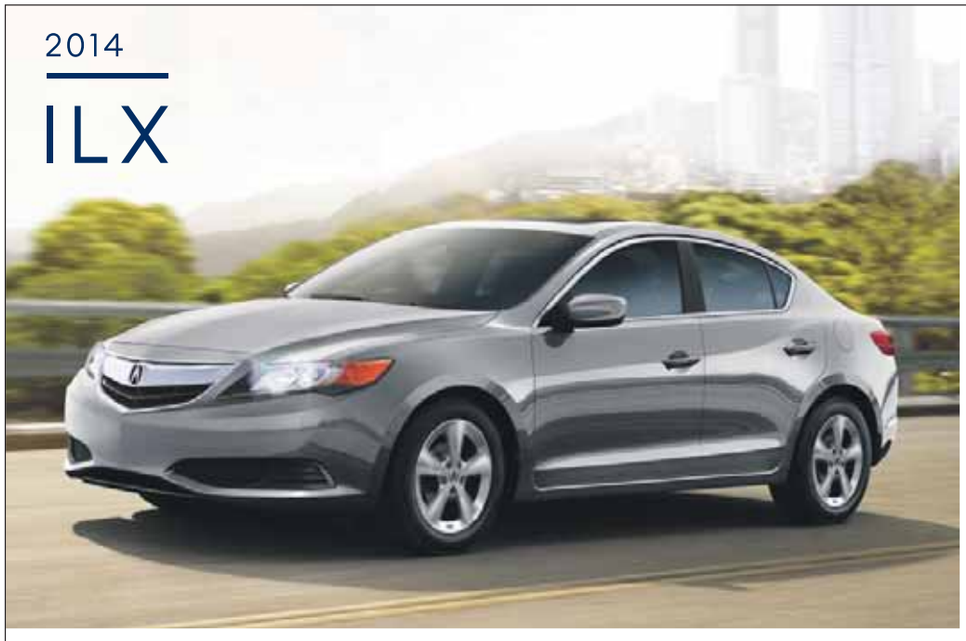
More frugal Ferraris will maintain performance

Having curbed its fleet-wide carbon dioxide emissions by almost 40 per cent since 2007, Ferrari says it figures it can achieve a further 20 per cent reduction by 2021, using primarily smaller engines with turbo-charging and hybrid technologies. "We want to use all the available technologies to reduce emissions by three per cent each year, which means approximately 20 per cent by 2021," Ferrari powertrain director Vittorio Dini told industry reporter Automotive News recently. Ferrari will add turbochargers to all of its V8 models and gas-electric hybrid systems to all of its V12s. None of that will make a difference in the big picture — Ferrari sold 7,318 cars in 2012 — but it's good to see the automaker's storied engineering muscle contribute to the cause.

Shift points

- BMW expects to be building 100,000 electric cars a year by 2020. Management board chairman Norbert Reithofer told Automotive News that plug-in vehicle production would steadily increase by 2018 before hitting full stride at the end of the decade.
- Honda announced that Californians interested in buying its Civic Natural Gas model will be eligible for a $1,000 US credit at any certified Honda Natural Gas dealer.
- Hyundai delivered its first Tucson fuel-cell-powered vehicle to a family in Southern California in mid-June. Hyundai will initially offer the Tucson Fuel Cell on a lease program to customers in the Los Angeles/Orange County areas, where it has approved six stations with appropriate hydrogen fuel pumps.

2014
ILX



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*Limited time lease offer based on a new 2014 Acura ILX (DE1F3EJ) available through Acura Financial Services, on approved credit. Representative lease example: 0.9% lease rate for 48 months (104 payments). Bi-weekly payment is $148 (includes $1,995 freight & PDI) with $0 down payment. 16,000 km allowance/year; charge of $0.15/km for excess kilometres. Total lease obligation is $15,392 after Delivery Credit ($2,200) is applied. License, insurance, registration, options and applicable fees, duties and taxes are extra (includes GST/HST, as applicable). PPSA lien registration fee and lien registering agent's fee are due at time of delivery and are not included. Some terms/conditions apply. Model shown for illustration purposes only. Offers end July 31, 2014 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Visit acura.ca or your local Acura dealer for details. © 2014 Acura, a division of Honda Canada Inc.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Pay more attention to your career over the next few weeks. What is it you are best at and what brings out your special creativity? Do that to the exclusion of everything else.

♉ Taurus
April 21 - May 21
Stand back from money matters and see your life from a wider perspective. There are many types of wealth and the most important of all is to be rich in knowledge — and love.

♊ Gemini
May 22 - June 21
You'll find it easier to get your point of view across. Even nicer is that you will discover that loved ones are on your side.

♋ Cancer
June 22 - July 23
If you go out of your way to help people your good deeds will come back to you many times over. If, however, you go out of your way to make life difficult for others your own life will be more difficult.

♌ Leo
July 24 - Aug. 23
You have done many things (some good, others bad) over the past few weeks, because you believed in what you were doing. Because of that, you have no reason to apologize.

♍ Virgo
Aug. 24 - Sept. 23
Forget all the things that have gone wrong in your life and look forward to all the things that will soon be going right.

♎ Libra
Sept. 24 - Oct. 23
There is no point getting angry with those who have let you down. The more you shout, the more likely it is they will make mistakes. Change your attitude.

♏ Scorpio
Oct. 24 - Nov. 22
Money worries will recede over the next few days as you focus more on making a success of your career. Why not treat yourself to a night on the town?

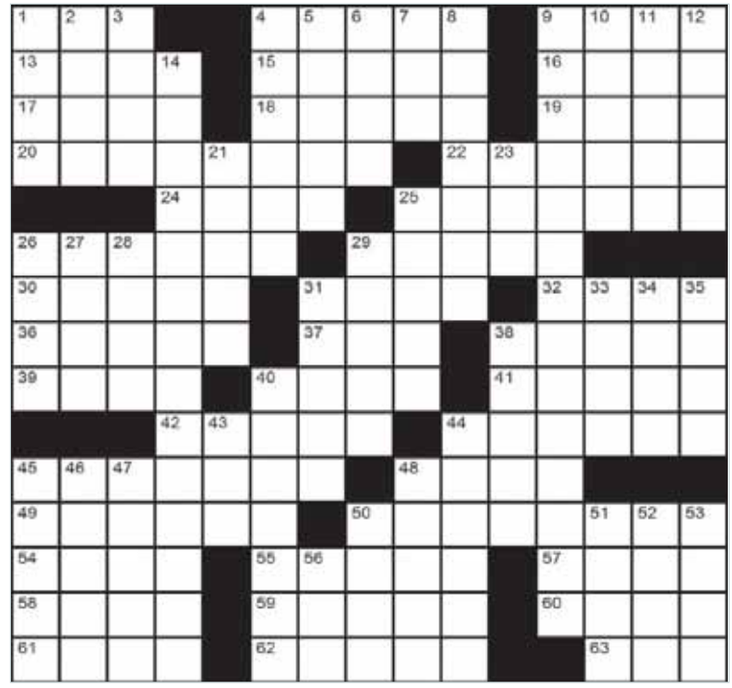
♐ Sagittarius
Nov. 23 - Dec. 21
The pace of life has been hectic and if you don't take a break you might regret it. There is, though, still enough time for one last effort to complete something important to you.

♑ Capricorn
Dec. 22 - Jan. 20
You can feel your confidence beginning to return and by the end of the week you will have forgotten that you ever doubted yourself. Your ability to make things happen is there.

♒ Aquarius
Jan. 21 - Feb. 19
If there is something you need to own up to do so now as Jupiter, planet of good fortune, moves into your opposite sign. Most likely you've worried about it for no good reason.

♓ Pisces
Feb. 20 - March 20
You will be back to your best in a matter of days but today you must make peace with anyone you have fallen out with. Maybe you were a little harsh on them.

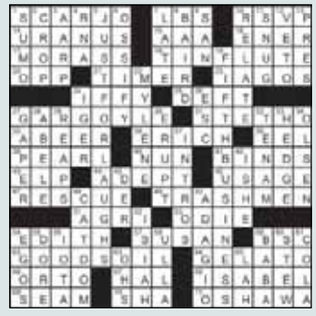
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Beaver's buildee
4. Rig out
9. Gent
13. "Wanna make _ __?" (Oh, really?!)
15. __-millionaire
16. 24-__ day
17. Boring
18. Place a nametag: 2 wds.
19. Lady Gaga's "You __ _"
20. Madrid 'Miss'
22. __-Carleton, PEI
24. Scarce
25. Patsy __ (Campbellton, NB born singer)
26. Elton's co-songwriter
29. Battle royal
30. Shingles spots
31. Spring
32. "The Best of Times" band
36. Rock music genre
37. Civil rights org. founded in 1913
38. Write _ __ (Item on an old Robert Service 'To-Do List', say)
39. Feminine suffix
40. Sherbrooke 'streets'
41. __ blanche
42. British geologist, Sir Charles __ (b.1797 - d.1875)
44. Canadian frozen fries maker
45. Cape Breton Island village
48. + - x subj.
49. Nevertheless, fun-style
50. Saskatchewan town, 'Gateway to the Sandhills'
54. Actress Ms. Kedrova
55. Hen's home
57. Fort __, ON
58. And others, briefly: 2 wds.
59. Beneficiary
60. Diamond spot
61. Mark Twain's jumping frog, __ Webster
62. Fork's friend
63. Toronto museum, commonly

Down
1. Lightly applies
2. Ready. Willing. __.
3. Unkind
4. __-waist dress
5. Very
6. Arm bone
7. "What was _ __ do?"
8. CFL legend, Michael "__" Clemons
9. Iconic Canadian artist of the Moose Factory in Toronto: 2 wds.
10. Beach Boys song title car
11. 1948 Pulitzer-winning poet, W.H. __ (b.1907 - d.1973)
12. Publish
14. Edward Rochester's home in 1800s literature: 2 wds.
21. Job picketer's demand
23. "__ Buttermilk Sky" by Hoagy Carmichael
25. The J. __ Band
26. Creamy cheese
27. Geological periods
28. Curtains holders
29. Vogue cover person
31. Sink sealant
33. 1970 war movie, when tripled!
34. Fabled creature
35. "_-__ Origins: Wolverine" (2009)
38. They're created to join Twitter, e.g.
40. The Guess Who outputs
43. Warder of the Tower of London, commonly
44. Newfoundland __ (Weasel-like animal)
45. Worked with hay
46. "West Side Stoy" (1961) character
47. Singer/songwriter Bob
48. Saskatoon coffee roasters, since 2007
50. U2 singer
51. Diva's song
52. "Ally McBeal" character
53. Plastic playset piece
56. Alley __ (Comic strip classic)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	2				8	3		
5			3	9				6
					4	8		
		1		7				2
	4						5	
9				1		7		
		3	2					
8				5	6			7
		5	1				8	9

Yesterday's Sudoku

6	1	8	4	7	3	5	2	9
7	2	9	8	5	1	3	6	4
4	5	3	2	9	6	7	1	8
1	3	2	6	4	9	8	5	7
5	9	6	7	8	2	1	4	3
8	7	4	3	1	5	2	9	6
2	4	7	1	6	8	9	3	5
3	8	5	9	2	4	6	7	1
9	6	1	5	3	7	4	8	2

TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App

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skilled immigrant infocentre
Vancouver Public Library Central Library, Level 4
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Phone: 604-331-3603
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
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CITY: 7.5L/100 KM▼

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ACCENT L 6-SPEED MANUAL. $4,649 IN PRICE ADJUSTMENTSΩ, DELIVERY & DESTINATION INCLUDED.

Limited model shown♦

HWY: 5.3L/100 KM
CITY: 7.6L/100 KM▼

2014 "Highest Ranked Compact Car in Initial Quality in the U.S.Δ"

2014 ELANTRA GL

WAS ~~$20,044~~

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ELANTRA GL 6-SPEED MANUAL. $4,049 IN PRICE ADJUSTMENTSΩ, DELIVERY & DESTINATION INCLUDED.

Limited model shown♦

HWY: 5.8L/100 KM
CITY: 8.5L/100 KM▼

2014 SONATA GL AUTO

WAS ~~$25,694~~

NOW **$19,995‡**

INCLUDES **$5,699** IN PRICE ADJUSTMENTSΩ

WELL EQUIPPED:

BLUETOOTH® HANDS-FREE PHONE SYSTEM • ELECTRONIC STABILITY CONTROL • HEATED FRONT SEATS • REMOTE KEYLESS ENTRY WITH ALARM

SONATA GL AUTO. $5,699 IN PRICE ADJUSTMENTSΩ, DELIVERY & DESTINATION INCLUDED.

Limited model shown♦

HWY: 7.3L/100 KM
CITY: 10.2L/100 KM▼

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SANTA FE 2.4L FWD. $3,599 IN PRICE ADJUSTMENTSΩ, DELIVERY & DESTINATION INCLUDED.

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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